

2003 California Children's Healthy Eating and Exercise Practices Survey

Table 11: Servings of Fruits and Vegetables Believed to Be Needed Compared with Actual Fruit and Vegetable Consumption (Phone Sample)

How many servings of each (fruits, vegetables, 100% juices (vegetable or fruit), salads) did your child eat/drink in this category?

How many total servings of fruits, ~~fruit juice~~, and vegetables ~~or salads~~ do you think you should eat every day for good health?

Fruits and Vegetables	Percent	Servings of Fruits and Vegetables Eaten by Children, Percent		
		0-2	3-4	5+
Servings believed to be needed				
0-2	13	37	43	20
3-4	32	34	40	26
5+	55	35	42	23

Excludes those reporting "don't know."

Rows may not add up to 100% due to rounding.

California Department of Health Services: September 2005